UNITED STATES DEPARTMENT OF AGRICULTURE
Radio Service

Housekeepers' Chat Monday, October 27, 1930.

NOT FOR PUBLICATION

Subject: "Concerning Milady's Autumn Clothes." Program including menu, approved by Bureau of Home Economics, U. S. D. A.

Bulletin available: "Aunt Sammy's Radio Recipes."

Do you remember some time ago, when we strong-minded women decided to wear sensible clothes? We were going in for short skirts, flat-heeled shoes, and simple hats. Away with old-fashioned stays, old-fashioned petticoats, tight-fitting dresses. We favored the mannish styles in coats; neatly tailored suits were the vogue; unadorned felt hats were just our style.

And now -- Ooh-la-la! See what Madame is wearing this season! Evening dresses that touch the floor; quaint silks and velvets with puffed sleeves and puffed skirts; petticoats -- yes, long petticoats that fit snugly at waist and hips, flare out toward the knees, and extend almost to the floor. And these petticoats are edged with lace. And hats! Fetching little velvet chapeaux, and soft felts trimmed with perky feathers.

Last week I looked at winter coats. Some of the new coats are made with the bodice portion entirely of fur, which extends just to the belted waistline, giving the effect of a bolero. Others have wide fur cuffs which extend clear to the elbow. Then there are elbow-length capes and rolling collars of fur.

One coat that I particularly liked was a dark green broadcloth, trimmed in beaver, with a little old-fashioned fur muff. The fur muff took my eye. It is exactly like the beaver muff my mother carried, a long, long time ago.

The most popular colors for street clothes, this Autumn, 1930, are black and brown and green. There are also various dark shades of blue, and purple. I have seen some very smart street costumes in dark rich tones of green. Let's hope that a good many women will wear green -- for it's sort of depressing to go along a city street, and see all the passers-by dressed in black and somber brown. Not that I can do anything about it, for if Dame Fashion says black and brown, black and brown it will be.

My Next-Door Neighbor, who went to South America this summer, says she saw many black coats and black hats in Buenos Aires. It's hard to realize that it was real winter down there, while we were suffering from the drought. When she set sail from Buenos Aires, in August, my friend says she sat on deck wearing a flannel dress, a fur coat, a wool cap, and two steamer blankets.

So remember, if you go to South America in August, to pack your winter woolens in your trunk.

Now let's turn our attention to the question box. "Please tell me," writes a young mother, "at what age a baby should be vaccinated against smallpox, and immunized against diphtheria."

A child should be vaccinated against smallpox before he is one year old. This advice comes from the Children's Bureau of the U. S. Department of Labor.

Most babies are well when they are born, says my authority in the Children's Bureau. To keep your baby well, have the family doctor or the doctor at a child-health center give him a thorough health examination soon after he is born, and when he is 4, 8, and 12 months old. Weigh him once a week, and have the doctor see him for general advice at least once a month throughout the first year. Have him immunized against diphtheria when he is 6 months old or soon after, and vaccinated against smallpox before he is one year old. Keep him away from anyone who is ill, either child or adult. A person who has "only a cold," or "just a cough," may infect a baby and make him seriously ill. Never take him into crowded places, such as stores or theaters.

Another authority, in the United States Public Health Service, states that there is really no need for anyone, nowadays, to have either smallpox or diphtheria, and these two diseases, in the past, have been among the most deadly of scourges. Children should be vaccinated against smallpox before they are a year old, and when they enter school, they should be vaccinated again. Why again? Because vaccination does not always protect for life. Fortunately, if the child already has an immunity, the new vaccination will not take. Instead, there will be merely a little red spot developing for only about a day. This red spot is known as the "immune reaction."

Diphtheria also, says the Public Health Service, is an entirely preventable disease. It cannot be too strongly recommended to parents that they have their children immunized against diphtheria. Naturally, this should be done at an early age. While it is better to do it when or after the child enters school than not at all, the pre-school age is the period during which the greatest danger from diphtheria occurs, and it is advised that the injections be given as soon after the age of six months as possible.

There -- I have answered your question thoroughly. What strides have been made, during the past 20 years. Do you know that the expectation of life at birth, that is, the average length of time that all children born at a given time will live -- has increased from about 48 to about 58 years in the past 20 years?

The next query is about the technique of giving cod-liver oil to a baby. Explained in "Infant Care," a copy of which I am sending you.

Speaking of cod-liver oil reminds me of castor oil. And castor oil reminds me of an old drug store near Washington, D. C., over in Alexandria -- Leadbeater's Drug Store. No, I'm not advertising for Leadbeater's Drug

Store -- but I have just discovered that it's the same store George Washington patronized, some 150 years ago.

Leadbeater's was opened in 1792 by Edward Stabler, and is still in possession of his descendants. Included in the files of this old drug store is a note from Martha Washington, dated from Mount Vernon, in 1802. It reads as follows:

"Mrs. Washington desires Mr. Stabler to send by bearer a quart bottle of his best castor oil, and the bill for it."

Hearken to that, ye small boys and small girls. When Father holds your nose and Mother pours the castor oil down your unwilling throats, remember that some of our very best people have had to take the unpleasant stuff.

But there's a way to forget the unpleasant flavor. Eat something tasty -- for instance, a piece of peppermint candy.

And that reminds me that it's high time to broadcast the menu. Here you have been standing by, waiting patiently for the menu -- and I haven't said a single important thing. Now I shall begin. Here is the menu: Vegetable Soup, made with a good old-fashioned soup bone; Corn Bread; and Cottage Pudding with Chocolate Sauce.

The Vegetable Soup is full to running over with Vitamins -- for it includes green peppers, onion, celery, carrots, turnips, potatoes, and tomatoes. But I'm afraid it's too late, now, to broadcast the recipe. Shall we save it till tomorrow? That's better. Tomorrow, please come prepared to write a soup recipe with 12 ingredients.

There's a recipe for cornbread in the Radio Cookbook, on page 50. By the way, does anyone have a recipe for old-time corn cakes, called "Scratch Backs"? If so, please send me the recipe -- for I need it.

Again, let's collect our menu: Vegetable Soup; Corn Bread; Cottage Pudding with Chocolate Sauce.

Tomorrow -- don't forget -- the recipe for the Vegetable Soup.

Tuesday: "Storing Summer Clothes."